

With Love

Mike Roy's Cook Book Features Elegant Fare

By HELEN HATHAWAY Press-Herald Staff Writer
 "The Mike Roy Cook Book," published by the Ward Ritchie Press of Los Angeles, is a 132-page treasure for the home cook who wants to tempt palates with elegant fare.
 Author Mike Roy, a resident of Torrance's Riviera section, has compiled the best

recipes he created and discovered during more than 20 years as chef of his radio and television shows, "Secrets of a Gourmet," "At Your Service," and "Mike Roy's Kitchen." He has included also "greats" from superb restaurants.
 Providing new tastes and ideas founded on the classic method of the masters was

Roy's publishing purpose and the end result is pure accomplishment for the cook who wants to "prepare food so it tastes just like a favorite restaurant's."
 Following the thinking of Jean Anthelme Brillat-Savarin and Escoffier, his book is presented as a menu classique, with greeters appearing first, followed by starters,

ers has ended up in a bowl of cheese, clam-cheese, or avocado hung together with onion juice and booze. And if you care to ask me, I like it that way."
 Shrimp in Beer is one of his "hung together" appetizers, while the starter section details such palate pleasers as Lobster Tournedos and Quiche Lorraine.
 "Any soup, any sauce, any dish is only as good as its base. Animal, fish, and fowl require some sort of dressing to bring out the flavor and the base provides it," states the author in the soup chap-

ter. He proceeds to offer four basic stocks, which he keeps on hand by preparing ahead and freezing.
 "The fish section brings out one of Roy's pet hates—the use of water and flour served under the name of gravy. He calls it "wallpaper paste" and adds, "anyway you want to give it, it's an abomination." He presents suitable thickeners along with numerous excellent dishes including Poached Fillet of Fish in Wine with Green Butter and New Orleans Oyster Box.
 The dinner section is introduced by the author's comment, "A majority of the recipes in this book have not appeared in print in any form before. They are original and come from some of my very best friends. Credit-

ed are Hans Prager of the Lowry Restaurant chain, Henry Denker at the Beverly Wilshire, Charley Brigg at the Williamsburg Inn, Bob Balzer of the Villa Fontana, Bob Cobb of the Hollywood Brown Derby, and many other restaurateurs.
 Dinner recipes include such classics as prime rib roast in salt, beef en brochette, ragout of beef champagne, glazed baby carrots, beef tournedos bearnaise, stuffed tomatoes, veal Cordon Blue, asparagus Oriental, and many more notable-to-be-forgotten dishes.
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